

# US, Cambodian forces close Angkor Sentinel 2016

MASTER SGT. MARY FERGUSON 8th Theater Sustainment Command

KAMPONG SPEU PROVINCE, Cambodia — U.S. and Cambodian forces wrapped up two weeks of bilateral training and relationship building as they officially closed Angkor Sentinel 2016 with a ceremony and Royal Cambodian Army capability demonstration, March 25, at the Training School for Multinational Peacekeeping Forces, here.

This year marked the seventh iteration of the annual bilateral military exercise, hosted by the Royal Cambodian Armed Forces and sponsored by the U.S. Army Pacific, that's designed to collectively strengthen the two countries' humanitarian assistance and disaster relief capabilities and improve military-to-military cooperation.

"The men and women of the Royal Cambodian Armed Forces have again and again demonstrated their commitment to serve," said U.S. ambassador to the Kingdom of Cambodia William Headt. "When storms or floods have affected Cambodia, service members have responded. The Cambodian military is a er shoulder-to-shoulder will have a profound

critical government asset in providing humanitarian assistance and disaster relief, and I'm proud that the United States has been able to support Cambodia in this important

The exercise brought together Cambodian Forces from the Royal Cambodian Army (RCA), National Center for Peacekeeping Forces, Mine, & Explosive Remnants of War Clearance (NPMEC), and Gendarmerie Royale Khmer (GRK), with U.S. forces from U.S. Army Pacific, 8th Theater Sustainment Command, 130th Theater Engineer Brigade, 8th Military Brigade,

303rd EOD Battalion, the Idaho Army National Guard, 18th Medical Command, Asia Pacific C-**IED Fusion Center** (APCFC), and 413th Contracting Brigade.

Exercises like Angkor Sentinel better prepare us to address natural disasters that transcend national borders, and working togethimpact on the individuals were involved." said Maj. Gen. Todd McCaffrey, deputy commander, USARPAC.

The concentrated training agenda included intense academics, team-building events and practical exercises intended to foster exchange and opportunities for the two countries' militaries to learn about each others tactics, techniques and procedures, while strengthening relationships and building the foundation for future HA/DR exercises.

Headt said, "The United States and Cambodia face many shared challenges including increasingly unpredictable and destructive weather patterns, violent extremism, emerging diseases, and regional conflicts, to name just a few. We have learned over the years that these problems are best solved through dialogue and coopera-

tion, including exercises like Angkor Sen-

The Royal Cambodian Army and US-ARPAC-contingency of Soldiers also experienced several teambuilding firsts during this year's exercise, to include a combined esprit de corps formation run, talent show and a Warrior Challenge event that featured three Cambodian-U.S. teams competing in a timed 6K run, 2K litter carry and an advanced 10event obstacle course.

McCaffrey said, "These personal experiences are what bind us together and establish the foundation so our countries can work together on a range of other shared interests in the future. Together we have made substantial progress in helping to secure peace in the Pacific and beyond, and we look forward to building on this experience to further our mutual goals of stability and enhanced security in the future.'

The closing ceremony also featured a military capability and martial arts demonstration highlighting the professionalism and cultural traditions embedded in the Royal Cambodian Armed Forces.

Angkor Sentinel 2017 planning is underway, and the exercise is projected to potentially play a role in next year's Pacific Pathways operations.





Above, Royal Cambodian Army paratroopers manuever over the parade field carrying Kingdom of Cambodia, U.S., and Angkor Sentinel 2016 flags, March 25.

Left, Maj. Gen. Todd McCaffrey, deputy commander, USARPAC, joins Royal Cambodian Army Gen. Meas Sophea, in paying respect to Cambodian traditions during the closing ceremony of Angkor Sentinel 2016 at the Training School for Multinational Peacekeeping Forces in Kampong Speu Province, Cambodia.

Right, Cambodian martial arts experts demonstrate their advanced capabilities. The ceremony marked the end of two weeks of relationship building and bilateral training between USARPAC and

## SECDEF praises choice to lead all U.S. forces in Korea

**DOD NEWS** 

Defense Media Activity

ident Barack Obama intends to nominate Brooks to be commander of U.S. Forces Korea, Combined Forces Command and United Nations Command.

Brooks currently serves as commander of U.S. Army Pacific at Fort Shafter.

"(He) has served our military with distinction and has been a pioneer and trailblazer from his first days as an officer," Carter said in a statement. "As an operational leader in multiple theaters including the Korean Peninsula, the Balkans, and the Middle East, Gen. Brooks has developed a keen appreciation for the responsibilities of command and the importance of partnerships as a force multiplier."

Brooks' deep understanding of the needs of U.S. service members is complimented by his WASHINGTON — Defense Secretary Ash Carter skills as a communicator and strategic planner, offered his congratulations to Army Gen. Vincent the defense secretary said. These skills were de-K. Brooks following the announcement that Pres-veloped during demanding tours at U.S. Central Command and at the Pentagon, he said. As commander of the Army's Pacific forces, he played a critical role in the U.S. rebalance, Carter

> "These experiences will serve him well as he assumes command of U.S. Forces Korea and builds upon the partnerships and alliances which were strengthened under the excellent leadership of (Army) Gen. Curtis Scaparrotti," the defense secretary said.

Scaparrotti has been nominated to serve as commander of United States European Command and Supreme Allied Commander in Europe.



Photo by Navy Petty Officer 2nd Class Dominique A. Pineiro

Marine Corps Gen. Joseph F. Dunford Jr., right, chairman of the Joint Chiefs of Staff, speaks with Gen. Vincent K. Brooks, commander, USARPAC, during a U.S. Pacific Command roundtable discussion at PACOM's headquarters at Joint Base Pearl Harbor-Hickam, Feb. 9.

## Joint Team Hawaii chefs win big, cook up gold, silver medals

SGT. 1ST CLASS JOSHUA C. PERRY Joint Team Hawaii-Culinary Arts Team

FORT LEE, Va. — The Joint Team Hawaii's Culinary Arts Team has taken the title of Installation of the Year for the second year in a row during the Military Culinary Arts Competitive Training Event (MCACTE).

The team traveled to Fort Lee for the 41st Annual MCACTE, March 4-14, where it won 17 gold, and four silver medals, and was awarded Best in Show in the following categories:

- Mobile Kitchen Field Category
- Individual Contemporary Cooking Installation of the Year
- Team Buffet
- Individual Cold Food Entry
- Individual Competitor Contemporary Cooking
- Student Skill Challenge

In November 2014, U.S. Army-Pacific directed the 8th Theater Sustainment Command (in conjunction with the Installation Food Program Manager) to establish a training program that supports Hawaii's Army Culinary Arts Program. The program was designed to teach culinary arts to Soldiers within all Hawaii-based dining facilities and to prepare them for broadening assignments as enlisted aids and flight stewards.

This year's team was selected in mid-October, 2015. Team try-outs were just the beginning -



Hawaii's joint Culinary Arts Professional Team prepares a four-course, restaurant-style meal for 50 guests, winning a gold medal and earning the title of Best in Show.

after a team was selected, Soldiers and Sailors advanced culinary arts training program, comhad the opportunity to certify with the American Culinary Federation (ACF), attend a three-week

pete for medals in the US Army-Hawaii FY16 ACF competition judged by certified chefs from

around the world and receive mentorship from ACF judges throughout their training cycle.

Team member Sgt. Kevin Arwood, Company F, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th ID, was selected to be a part of the U.S. Army Culinary Arts Team that will travel to Erfurt, Germany, to compete in the IKA (International Kochkunst Ausstellung) Culinary Olympics.

With the team being crowned as Installation of the Year, the Student Skills Team has an opportunity to compete at a national level, and it will go head-to-head with the top college from each region within the U.S., in July, at the ACF "Cook, Craft, Create Expo" in Phoenix.

The Military Culinary Arts Competitive Training Event at Fort Lee, Va., is the largest ACF competition in North America. With the exceptions of 1991 and 2003, during Desert Storm and Operation Iraqi Freedom, the competition has been held each year since 1973. The competition is sanctioned by the ACF and showcases the talents of military chefs from around the globe in all branches of the U.S. armed forces.



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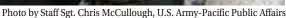
WARRIOR'S FAREWELL

FORT SHAFTER — Alpha Battery, 3-7th Field Artillery Regiment, 25th Infantry Division, fires a ceremonial salute during a Flying "V" ceremony, March 23, honored Maj. Gen. Gary Hara, U.S. Army Pacific deputy commander - National Guard. Hara's retired after 47 years of service. He was with USARPAC from 2013 until his retirement after USARPAC was elevated from a 3-star command to a 4-star command as part of the Asia-Pacific strategic rebalance.



Photo by Russell Goemaere, U.S. Army-Pacific Public Affairs







1- Gov. David Ige congratulates Hara following his retirement ceremony held at historic Palm Circle, Fort Shafter. Ige thanked Hara for his contributions to Hawaii and the nation. "Gen. Hara, you have served our community, state and nation admirably, and our citizens of Hawaii are appreciative of your dedication, hard work and leadership," said Ige. "We wish you and your ohana the very best as you begin to pen your very first chapter of your new book of life called

2- Hara's immediate family has collectively served in the Hawaii Army National Guard 180 years and counting, though the extended Hara family is much larger and includes an uncle, cousins and nephews who have served or are still serving as well. Pictured in this family photo, left to right, are his father, the late Lt. Col. Henry Hara, who was an iconic figure in the HIARNG during his time; Hara, himself, who would follow in his father's bootprints, joining the Guard in 1970 while still in high school; Kenneth, the fourth and the youngest of the brothers, who enlisted in the HIARNG in 1984, and is a brigadier general still serving as the deputy adjutant general for the HIARNG; Hara's younger brother, Dennis, who enlisted in the Guard in 1972 and retired a sergeant major in 2014 with 37 years of service; and Larry, the third of four sons, who is currently a master sergeant with 28 years in the HIARNG.

# Engaged leadership key to ending sexual assault

Awareness and Prevention Month. The Army's theme is "Sexual Harrassment. Not in Our Army." Although we recognize preventive efforts during this month, make no mistake - this theme must a year-round commitment for every member of the Army Team.

The American people send us their sons and daughters with the expectation we will protect, develop and employ them to fight and win our nation's wars. We accomplish this through a read, capable and professional force that takes care of its own.

Therefore, we remain personal-

al assault and harassment from our Army. Such behavior has no place in a disciplined military force. The American public looks to the Army for leadership, and we will not fail in that mission.

Command engagement is crucial to preventing sexual violence and retaliation against those who report or witness an offense. We rely on leaders to set and enforce standards that ensure a healthy command climate for all Soldiers. If offenses occur, we expect leaders to ensure compassionate care for the victims and to hold offenders appropriately accountable.

We also believe that committed, engaged leadership, down to the squad level, along with prevention campaigns, are crucial to our success. We encourage everyone to re-energize these efforts.

Every Soldier, Army civilian and family member deserves to be and will be - treated with dignity and respect. Sexual assault, sexual harassment and retaliation have no place in our Army and are detrimental to combat readiness. As Army leaders, all of us have a duty to uphold our valued by ensuring an Army free of sexual violence.

Army Strong!















## Mother Teresa's actions helped thousands of poor

#### CHAPLAIN (CAPT.) JONATHAN D. TODD

325th Brigade Support Battalion 3rd Brigade Combat Team 25th Infantry Division

Consider, for a moment, a part of the life of Mother Teresa.

At 18 years old, she joined the Sisters of Loreto and was soon called to serve the poorest of the poor in India. She began the Missionaries of Charity which, at its founding in 1950, consisted of 12 members. As of 2012, it had grown to more than 4,500 members and is active in more than 130 countries, supporting people with HIV/AIDS, leprosy and tuberculosis. They operate soup kitchens, medication dispensaries and mobile clinics as well as orphanages and schools. Because of the courage and dedication of Mother Teresa and those thousands of people who came alongside her in this cause, there have been untold



hundreds thousands cared for who otherwise may have been ignored.

"Suppose a brother or a sister is without clothes and daily food. If one of you says to 'Go in them, peace; keep

warm and well fed,' but does nothing about their physical needs, what good is it?" James 2:15-16

Charity to the poor and afflicted is noble and meaningful. In this passage, James is making clear the principle of helping others must include action. Mere words are simply not enough.

Within the military culture, we em-

of brace the principle of taking care of one another. I'm proud to have served alongside of many leaders who go well above and beyond to ensure the Soldiers and families within their formations receive their pay correctly, have an abundant Thanksgiving meal and are given gifts for their children to open on Christmas. We do pretty well in taking care of our own.

This week, I encourage everyone to consider how we may extend this attitude of caring for others towards the poor and needy in our local communities. A good starting place for many of us is to recognize the poor in our communities and actively help them. To that end, here are five ways to help:

- Spiritual strength is of the upmost importance especially when one's life has become very hard - pray daily for
- Treat them with dignity and respect. Speak with them, look them in

the eye and engage them as fellow people.

- Help with their material needs. Gift them items they may need, or donate money. If more appropriate a donation of a gift card for food or necessities may be preferable.
- Donate to a shelter or shelter support program. Shelters and donation programs that support Oahu communities are often in need of blankets, clothing, bug spray, tarps and first aid

• Volunteer your time at a shelter or houseless community as part of an organized group (many local churches do this regularly).

The impact of the work began by Mother Teresa will be felt for generations. I encourage us to choose to help within our communities however we may be able to. Those who do this will truly experience why it is more blessed to give than to receive.

## 209th Avn. team restores Wheeler's P-40 Warhawk

SGT. DANIEL JOHNSON

25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — The Airframe Squad of the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, spent nearly a year of volunteer work to restore a Curtis P-40 Warhawk for display, here, at Kawamura Gate.

"When this project was given to us we did not understand the condition of the airframe," said Staff Sgt. Benjamin Peralta, airframe squad leader. "Initially, we thought it would be some surface repairs and painting. After a short time we opened up the surface skin and found that it had deteriorated almost completely and needed significant repairs."

"It was an enlightening experience to repair a piece of history," said Spc. Immanuel Tan, aircraft structural repairer. "Also, to help share the memory of Soldiers who have served before us during the Second World War."

"The restoration has definitely been a huge learning experience for everyone who laid hands on it," said Pvt. 1st Class Alec Eller, aircraft structural repairer. "Overall what it came from to what it has become is something to be proud of."

#### **History and Hollywood**

The P-40 was the main U.S. Army Air Corps fighter aircraft in the South West Pacific and Pacific Ocean theaters during 1941–1942. The fighter was used by the U.S. and its allies throughout the war in all theaters. This specific airframe has a history of its own, starring in a Hollywood production in 1970.

"The experience the Soldiers gained from repairing such a fragile aircraft has given them more knowledge of Army aviation and World War II," said Sgt. Jeffery Jordan, aircraft structural repairer. "It is also unique this structure was used in the movie 'Tora! Tora! Tora!"

The Warhawk was used as a prop in the film. "Tora! Tora! Tora!" outlines the events leading up to the attack on Pearl Harbor. P-40s were in use



Photo by Spc. Pantarat Peakpipat, 209th Aviation Battalion, 25th Combat Aviation Brigade, 25th Infantry Division

Soldiers of the airframe repair team, 209th Aviation Support Battalion, work on a P-40 Warhawk fighter plane airframe that was used in the 1970 film "Tora Tora," the story of the events leading up to the attack on Pearl Harbor, Dec. 7, 1941.

with the Army Air Corps in Hawaii and the Philippines on Dec. 7, 1941. Two Army pilots from the 47th Pursuit Squadron, 15th Pursuit Group, stationed at WAAF and famously wearing tuxedo attire from the previous evening, took off and engaged attacking aircraft with Warhawks stationed at Haleiwa Auxiliary Airfield on the North Shore. They were two of the few defending fighters to successfully take off, and take part in, the battle.

P-40s were later used in China, with great success, by the famed American Volunteer Group,

the "Flying Tigers."

One of the streets on WAAF is named "Warhawk."

"This project allowed for junior leaders to develop and understand what it takes to accomplish the many things involved in restoring such a great piece of history," said Spc. Pantarat Peakpipat, an aircraft structural repairer.

The restoration definitely was a huge learning experience for everyone who laid hands on it, Pvt. 1st Class Marcus Davila agreed.

"Overall, what it came from to what it has become is something to be proud of," Davila said.

The gleaming, like-new Warhawk was returned to a static display aside other historic Army aircraft,, like the OH-23 Raven, also restored by the 209th Avn. It is easily visible from off-post on Kamehameha Highway. The airpark is a popular photography stop for visitors.

(Editor's note: Historical background information was added to this article by the U.S. Army Garrison-Hawaii Public Affairs Office.)

## Complex challenges likely for tomorrow's Army officers

LISA FERDINANDO

DoD News, Defense Media Activity

WASHINGTON — The Army officers of tomorrow likely will face complex challenges in protecting the nation and staying one step ahead of adversaries, Defense Secretary Ash Carter said, March 23, at the United States Military Academy.

Carter spoke to the corps of cadets at West Point, New York, telling the approximately 4,400 men and women they soon will be responsible for defending the U.S. and helping to secure the world.

"It's hard work, but it's the most important and noble thing you can be doing with your lives," Carter said.

Terrorism is among the five biggest evolving security challenges the U.S. is facing now, he said. In the wake of the terrorist attacks in Brussels, the resolve of the U.S. is only strengthened to defeat terrorism, he added.

"We're accelerating our campaign against (the Islamic State of Iraq and the Levant), most immediately in Iraq and Syria. That's where the parent tumor is," he said.

"Make no mistake – we will defeat ISIL," Carter said. "I'm completely confident in it. We want to get it done as soon as we can, but we will

destroy ISIL."

The other global security challenges of concern are Russian aggression in Eastern Europe, a China that is acting aggressively, North Korea

The U.S. does not have the luxury of choosing which threat it will have to address, Carter said.



U.S. Army photo by Michelle Eberhart, USMA Public Affairs

U.S. Secretary of Defense Ashton Carter watches as Cadet Charlie Wu exhibits the Zeeman Effect apparatus during a quantum physics lab at the U.S. Military Academy, March 23.

"We have to deal with them all – and you're part of our plan to do so," he told the cadets.

### **Current Global Challenges**

The Asia-Pacific region is the "single most consequential region to America's future," the defense chief said, noting that half of the world's population lives there and half of the world's economic activity takes place there.

A rising China is fine in the region, he said,

but China acting aggressively is not.
On the Korean Peninsula, North Korea poses a challenge to regional security, the secretary said, and American forces on the peninsula stand ready to "fight tonight."

On the threat of Iran, the accord reached last year on nuclear weapons is a "good deal in preventing Iran from acquiring a nuclear weapon,"

Carter said. "We must still deter Iranian aggression, counter its malign influence in the region, and continue standing by and standing up for our friends and allies in the region," he added.

#### Leaders of Tomorrow

The cadets at West Point likely will face a whole host of new challenges when they are in the force over the next 10 or 20 years, Carter said. In the audience today could be a future chairman of the Joint Chiefs of Staff or the person who will be the chief of staff of the Army, he noted, adding that Army officers are strategic thinkers who are able to re-evaluate situations

and come up with new approaches and ideas.

"This should be a lesson for our enemies: never underestimate the ingenuity of the American soldier," he said. "We need to maintain that advantage forever."

The nation's defense rests in being able to find solutions to seemingly intractable problems, Carter told the cadets. "In any situation, you will encounter unexpected challenges that have to be solved at a moment's notice," he

The Army officers of tomorrow will be responsible for the lives of their soldiers and the execution of the mission, the secretary said. "This is the burden of command," he added.

The constants to great leadership and military service, Carter said, include being a person of strong character. The mission of the military will always be the protection of the United States, he said, and the people will always be why the military is great.

## DoD kicks off Army Cyber Innovation Challenge in Silicon Valley

CHERYL PELLERIN

DoD News, Defense Media Activity

MOUNTAIN VIEW, Calif. — The Defense Department's innovation outpost in Silicon Valley hosted an information meeting with U.S. Army and Defense Advanced Research Projects Agency officials to highlight potential contracting opportunities.

The March 31 kickoff was held at the Defense Innovation Unit Experimental, or DIUx, facility in Mountain View, California, to connect Army officials with companies that may be able to offer innovative microcloud management systems.

DIUx officials say the Army plans to award prototype contracts over the next three months.

The Army has identified resourcing for the effort similar to that offered during its first innovation challenge, held in May. That challenge resulted in the purchase of four cutting-edge transportable high-performance microcloud computing systems, including two separate awards of \$3 million and \$1.5 million, DIUx officials said.

Microclouds are the foundation of the Army's defensive cyberspace operations, the officials said. As the Army builds and fields these networks at home and with deployed forces, they added, the service must continue to fight cyber threats while providing networking connectivity, hardware and cloud virtualization.

The Army is expanding its distributed microcloud architecture, characterized by commonly abstracted and controlled hardware suites that form a large, heterogeneous, dynamic resource ool.

The architecture provides resources for the Army's private cloud environment and enables the rapid and agile deployment of cybersecurity platforms in connected and disconnected or limited-bandwidth environments, the officials said.

The Army needs an innovative approach to manage the cloud architecture, providing large-scale, dynamic perceptibility and control of network connectivity and access, resource allocation, and integrated management of commercial cloud assets, DIUx officials explained.

During the kickoff event, Army officials and speakers will provide technical details of the problem and seek industry feedback on how best to address the issue. Officials also will answer questions from interested companies and outline the three-month process to solicit, evaluate and award prototype contracts.

The keynote speaker is Steve Blank, a professor, Silicon Valley entrepreneur and author of, among other books, The Start-up Owner's Manual. Blank will highlight the need for collaboration between DoD and tech companies.

Other speakers and topics include Ron Pontius of Army Cyber Command, who will discuss the Army and cyber technology; Frank Pound of DARPA, who will discuss technology and the future of cyber warfare; and Jack Dillon of Army Cyber Command on the microcloud management problem.

The event included demonstrations of recent technologies, the officials said.



Photo by Bill Roche

From left, Sgts. 1st Class Richard Miller and Brian Rowcotsky of the U.S. Army Cyber Protection Brigade discuss the response to a simulated cyberattack with Staff Sgt. Frederick Roquemore, a cyber network defender with the 1st Brigade Combat Team, 82nd Airborne Division, at the Joint Readiness Training Center at Fort Polk, La., Nov. 6, 2015. The Defense Department's innovation outpost in Silicon Valley hosted an information meeting with Army and Defense Advanced Research Projects Agency officials, yesterday, to highlight potential contracting opportunities.

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#### CHILD ABUSE PREVENTION MONTH





Photos by Christine Cabalo, Oahu Publications

SCHOFIELD BARRACKS — Children march with homemade blue pompoms (left) during a parade, Wednesday, observing Child Abuse Prevention Month. Members of the Honolulu Police Department, Federal Fire Department, Army Community Services and the Directorate of Emergency Services also marched with the children. Several pinwheels are planted into the ground (right) as a symbol of support for victims after the proclamation signing. Read the story in next week's edition of the "Hawaii Army Weekly."



### **Today**

Clean Water Program -The USAG-HI Directorate of Public Works is seeking your help in gauging the public's overall awareness of storm water pollution by completing an online survey to provide feed-

Visit www.snapsurveys.com /wh/s.asp?k=145773161008.

Siren Test Today — The monthly test of the statewide outdoor siren warning system, coordinated with the test of the live audio broadcast segment of the Emergency Alert System, is scheduled, today, at 11:45 a.m. Residents in Kalaeloa, Makakilo, Nanakuli, Kapolei and Ewa Beach may hear a "whooping" tone, a test of a HAZMAT condition to the hazardous materials siren warning group, following the monthly siren test.

Tsunami Awareness Month — On this day in 1946, one of the deadliest tsunamis to ever hit Hawaii caused widespread devastation on all islands. Hawaii Emergency Management Agency is encouraging the public to take tsunami preparedness into its own hands. Read more about tsunami awareness www.hawaiiarmyweekly.com.

Smokin' — Smoke testing of the sanitary sewer lines on Schofield Barracks that began March 7 continues until April 8. If smoke enters your home or office, there is good reason to assume that sewer gases may also be entering your home or office.

VA News — On Tuesday, the VA announced the award of 12 major contracts that will enhance its ability to deliver timely disability benefits claims decisions to the nation's veterans. The contracts make up a \$6.8 billion enterprise-wide Medical Disability Examination Program under Public Law 104-275, and represent a major step forward in improving the disability examination experience for vets.

Visit www.va.gov/opa/press rel/pressrelease.cfm?id=2772.

#### 2 / Saturday

Solar Impulse 2 — See the plane making the first solar-powered flight around the world and meet the crew, 10 a.m. to 4 p.m., in Hangar 111 at Kalaeloa Airport, Kapolei.

#### 4 / Monday

Remembrance — Rabbi Itchel Krasnjansky will be the guest speaker for National Holocaust Remembrance Day, 1-2:30 p.m., in Wheeler Chapel, hosted by the 209th Aviation Support Battalion.

#### 5 / Tuesday

**Gold Star Spouses' Day** - Survivor Outreach Services hosts a dinner ceremony, 5:30-8 p.m. Call 655-8432.

#### 6 / Wednesday

Officers Needed — Officers are needed as medal presenters for the 2016 Hawaii JROTC awards ceremonies, April 6-May 28. Call 477-8195.

#### 8 / Friday

CSF2 Open House — The community is invited to an open house at the Comprehensive Soldier and Family Fitness Training Center, 10 a.m.-3 p.m, at 1612 Foote Ave., Bldg. 648, Schofield Barracks. Light refreshments will be served.



Master Sgt. Adrian Cadiz, Office of the Secretary of Defense Public Affairs

**Tropic Lighting Leader** — On March 25, the Army chief of staff announced that Brig. Gen. Christopher G. Cavoli, commanding general, Joint Multinational Training Command, U.S. Army Europe, Germany, is to be the commanding general, 25th Infantry Division, Schofield



### **Today**

**SAAPM Run** — There's a road closure this morning due to 25th ID's Sexual Assault Awareness and Prevention Month Run. Drivers on Schofield Barracks' Trimble Road should expect delays, 6-8:30 a.m., due to it being closed in support of the run. Traffic control points will be in place at Kolekole Avenue & Humphreys Road, Trimble & Humphreys, Cadet Sheridan Road & Trimble, Beaver Road & Trimble, and at Lyman Road & Trimble to divert traffic and minimize traffic congestion during the run.

#### 2 / Saturday



Power Outage — The following buildings on Fort Shafter will see a power outage, noon to 4 p.m., to repair a utility pole: 502, 505, 515 and the armory buildings.

#### 4 / Monday

closure on Schofield's Williston Lauhala Road in the housing area Avenue between Cadet Sheridan Road to Reilly Avenue is scheduled to conclude today. Meanwhile, parking lots on Williston are still accessible.

Traffic is being detoured around the construction area through Cadet Sheridan, Menoher Road and Reilly Avenue.

Helemano — There will be a partial road closure, 7 a.m.-4:30 p.m., at HMR's Pirowski Road, near Bldg. 1411, for utility installation. The area starting at the crosswalk, connecting Bldg. 1411 to the corresponding parking lot

to the end of Pirowski at the transformer building, will be restricted to one-lane access, all month. During this time, steel plates will cover the excavated area. Exercise caution when accessing the end of Pirowski road.

### 7 / Thursday

Santa Fe Neighborhood — There will be a road closure, 8:45 a.m.-1:45 p.m., weekdays (except Wednesday), between Schofield's Menoher and McMahon Roads at Carpenter Street, until April 11, for construction work. Traffic will be stopped for pedestrians to walk around work

### 11 / Monday

Sheridan & McCornack — A road closure, weekdays, 8:30 a.m.-3:30 p.m., at the intersection of Schofield's Cadet Sheridan and McCornack Roads. Mc-Cornack is accessible from Hewitt Street and Collier Loop. Work is scheduled to conclude today.

#### 12 / Tuesday

**Menoher** — There will be a road closure on Schofield's Menoher Road, between Capron and Sutton avenues, for utility installation. Traffic will be detoured around the construction area through Reilly Avenue, Williston Avenue, Cadet Sheridan Road and Sutton.

The work is scheduled to be performed, weekdays, 8:30 a.m.-5:30 p.m., until the end of May.

#### 30 / Saturday

Lauhala Closures — The Williston Detour — Aroad road closure along Wheeler's

is scheduled to end today. The completion date of this traffic control plan was impacted by weather and was extended.

### **Ongoing**



Kubo Closure — Intermittent road closures at Fort Shafter's Kubo Street, weekdays, 7 a.m.-5:30 p.m., continue until May 13. This construction work will occupy Kubo from Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12.

#### Revised Lyman/Flagler - There are traffic modifica-

tions, weekdays, 7 a.m.-4 p.m., at Schofield's intersection of Lyman and Flagler to widen Lyman Road, add a dedicated left turn lane, and add traffic and pedestrian signals to the intersection, until Aug. 12.

Construction will be phased, so road widening will be performed first, providing an additional lane. The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic.

Airdrome Road - Onelane road closures along Wheeler's Airdrome Road from the sewage treatment plant to the flight simulator continue, weekdays, 8 a.m.-3:30 p.m.

# Meet the 24-year-old 1st Lt. with a \$1B hand receipt

Story and photo by **STAFF SGT. VICTOR JOECKS**17th Sustainment Brigade Public Affairs

BAGHDAD — While many recent college graduates begin their long climb up the corporate ladder with few responsibilities beyond making sure their boss has a fresh cup of coffee in the morning, the Army routinely entrusts its Soldiers with weighty responsibilities.

For most Soldiers that responsibility is a weapon with lethal capabilities. For 1st Lt. Jonathan Shannon, a 24-year-old with the 271st Movement Control Team, 53rd Transportation Battalion, 7th Trans. Brigade, out of Joint Base Langley-Eustis, Va., that responsibility is more than \$1 billion in equipment that he is personally liable for.

"I am an ITEF (Iraq Train and Equip Fund) responsible officer," Shannon said. "I receive, coordinate, and divest Iraqi Security Forces equipment, material ammunition and classes of supply."

ITEF is money set aside by Congress to provide supplies to the Iraqi military in the fight against Daesh (another name for the Islamic State).

In the first few months of his deployment, the value of the ITEF items that have passed through Shannon's hand receipt has topped \$1 billion.

"Just like someone that's signed for a humvee is responsible, I'm responsible for all the ITEF in my possession," Shannon said. "The same financial penalties and liability is there.

"It would be a very bad financial windfall for myself and my Soldiers if we were to lose accountability. My Soldiers and I take it very, very seriously," he said.



Staff Sgt. Charles Rolando (center), ammunition manager, 24th Ord. Co., 87th CSSB, 3rd Sustainment Bde., and two Iraqi Soldiers discuss where to park his truck loaded with ITEF supplies March 12, in Iraq, before distribution to the Iraqi military for training and combat.

While his potential financial liabilities far outpace what Shannon could earn in a military career, there is a reason he is confident in his team's ability to complete the mission.

Shannon specifically praised Master Sgt. Bennie Smith, Forward Logistics Element noncommissioned officer in charge, with the 524th Combat Sustainment Support Battalion, 25th Sust. Brigade, 25th Infantry Division. Despite coming

from different units, Shannon and Smith act as the command team of the FLE that consists of Soldiers from over ten different units. One of their distinct missions is ITEF. "It's a gentleman's agreement," said Smith.

I'm first sergeant, and we all have to work together to make mission happen."

The Soldiers are "put in an environment where

"We all understand that he's commander and

they have to work together to accomplish the mission," said Smith. "We have [many] different sections, and we all come together."

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"That's why Master Sergeant Smith has such a vital role," said Shannon. "I'm focused on operational, and he focuses on the rotation of Soldiers and makes sure they're taken care of."

Staff Sgt. Melvin Correalopez, ITEF NCOIC with the 24th Composite Supply Company out of Joint Base Lewis-McChord, is one of the Soldiers working directly with divesting ITEF supplies.

"When I first got here, my main mission was to supply water, but I started working with DOD and coalition forces (and dealing with ITEF)," Correalopez said. "This ITEF mission, I love it. I'm doing something different ... if (they) don't have the equipment to train on, (they're not able to complete the mission). We're making a difference."

"My Soldiers – a lot of us – feel like we're the tip of the spear," said Shannon. "We're not only supporting the Americans, but the warfighters who are in harm's way and dying are using our equipment and ammunition we divest. It can be the difference, for the Iraqi warfighter, between their life and death."

More than \$1 billion in equipment has enabled Iraqi forces to make a significant difference.

"Those are the guys who are kicking," noted Correalopez. "They took Ramadi. Their vehicles, equipment - we are supplying them."

In the midst of the seemingly endless planning and paperwork, Shannon reflected his billion-dollar responsibilities.

"There is always that one moment where, 'Wow, this is big,'" Shannon said.

# Joint, integrated missile defense helps Talon troops go ballistic

MAJ. JOEL SEPPALA

Task Force Talon,

94th Army Air and Missile Defense Command

ANDERSEN AIR FORCE BASE, Guam — "Who am I? Why am I here?"  $\,$ 

Philosophers and laymen alike have pondered these ancient, cosmic questions through the ages. Thanks to their attendance at a recent ballistic missile defense orientation, the Soldiers of Task Force Talon (TFT) are one step closer to knowing what the answer means for themselves, at least as it pertains to their roles as defenders, of one sort or another, on Guam.

Three trainers from the Joint Functional Component Command for Integrated Missile Defense (JFCC IMD) visited Guam from March 14-16 to provide a comprehensive orientation session for the Soldiers on the topic of ballistic mis-



Photo by Sgt. 1st Class Greg Crocker, Task Force Talon

Trainers from the JFCC IMD gather with TFT Soldiers before a THAAD System during their visit to Andersen Air Force Base, Guam.

sile defense. The full-day orientation covered topics ranging from current ballistic missile

threats to U.S. organizational and material responses to the threats. TFT, headquartered here, is home to the only forward-deployed Terminal High Altitude Area Defense (THAAD) ballistic missile defense weapon system, responsible for defending Guam from ballistic missile attacks.

The JFCC IMD's Joint Ballistic Missile Defense Training and Education Center (JBTEC) provides worldwide joint training for ballistic missile defense (BMD), said Phil "Jethro" Beaudoin, lead trainer, describing his organization's training role.

"JBTEC integrates with service and combatant command training organizations to ensure the training is comprehensive, consistent and accurate," Beaudoin said.

The expert JBTEC team strives to keep up with BMD developments in what is a dynamic, constantly changing domain.

"The team, with experience from every service and combatant command, offers training at forward locations, at JFCC IMD in Colorado Springs and online via distance learning," Beaudoin said.

The audience for the BMD orientation session was a mix of THAAD operators, who have a primary mission of neutralizing ballistic missile threats to Guam, and security forces Soldiers assigned to defend the THAAD system against ground attack.

"(Gaining a) broader understanding of ballistic missile defense enhances the THAAD Soldier's ability to perform their job as a missile defender," said Chief Warrant Officer 3 Jason Robillard, chief training officer, Btry. B, 2nd ADA Regt. "It gives them a better understanding of what else is involved in the air defense battle and explains why we use a lot of the procedures that we do."



Story and photos by

CHRISTINE CABALO

Staff Writer

SCHOFIELD BARRACKS - Families hunting for fun found their fill at Weyland Field, here, for the 2016 Funfest, March 26.

The festival featured activities to celebrate upcoming Earth Day in April, Easter and the spring season. Hundreds attended for the rides, games, crafts and free performances hosted by the U.S. Army Garrison-Hawaii's Family and Morale, Welfare and Recreation Directorate.

Soldiers and civilians worked to keep up the fun for the crowds. Among them was Emily Kijowski, a recycling program specialist with the Environmental Division of the garrison's Directorate of Public Works. Her department offered free sustainable crafts for fair attendees using gently worn T-shirts. Children and adults used the old material to make new headbands and bracelets.

"It was extremely important for us to come out today," she said. "It's good to get involved in community. We're upcycling in creative, fun ways and showing how families can use old clothing."

Attendees also crafted reusable bags to stow their free goodies with help from volunteer Concetta Xadzipulos. When people visited her station with their chosen T-shirt, she sewed the edges of the shirt to finish the bag. She said the craft is great because it's something anyone can do with a sewing machine at home.

"It's very easy," Xadzipulos said. "You sew the bottom. You don't even need to cut the top to make handles for some shirts. If you



Sgt. Felipe Valdezdonato, an assistant squad leader with 71st Chemical Co., 8th MP Bde., 8th TSC, paints eggs with his 4-year-old son, Nathan.

have a sewing machine, just use regular medium stitching."

Reused colored bottles were made into a ring toss game that Sean Cusick from the DPW Clean Water Department presented to attendees. If children gave the right answers to questions about water pollution, they earned rings to toss for prizes. Cusick also showed crowds the im-

pact of polluted water entering the ocean using a 3-D model of a miniature coastal town.

"We use the 3-D storm water model to explain the different types of pollution," he said. "The Kool-Aid represents pesticides, the mini marshmallows are trash and the cinnamon is sediment. You can see how it all ends up getting into the ocean and streams."

In between craft activities, several performance groups were spotlighted at the festival's main stage. Students in the Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program were showcased through out the day. Audiences watched the SKIES Unlimited students demonstrate what they've learned in taekwondo, hula and modern days of the several performance.

For those searching for "egg-cellent" activities, the Funfest featured egg painting with reusable cardboard eggs and several egg hunts. Children brought their own personally decorated baskets to collect their prized eggs.

Eight-year-old Davien Bell said his strategy for getting eggs was looking around carefully and making sure not to push or pull any other of his fellow hunters.

"I was looking for a big group of eggs," he said. "Then you can get the whole batch. My favorite candy to find is gummy bears."

The event was a great way to relax with family, said Sgt. Felipe Valdezdonato, an assistant squad leader with 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command.

Valdezdonato's 4-year-old son, Nathan, gathered two bags of Easter eggs filled with candy and other prizes before the two sat down to paint eggs together. He said he appreciated the quality time with his family.

"The whole thing, in general, is nice," he said. "I woke up this morning and wondered what to do (with my son). I wasn't aware this was happening now. But once we saw this, it was easy to bring my son."







- 1 Yo-Yo the Comic Magician pulls a stuffed rabbit out of a wooden bucket with the help of audience member Theodore Bien-Aime. He later pulled out a live rabbit, Star, from the same bucket and allowed audience members to pet the animal.
- 2 Fair attendees stroll through Weyland Field to see the carnival rides, games and other attractions for the 2016 Funfest.
- 3 Concetta Xadzipulos, a volunteer at Funfest, sews reusable cloth bags made from gently worn T-shirts. She and members of the Department of Public Works helped attendees make several crafts from the sustainable material.



### **Briefs**

### **Today**

Command Scramble Golf -Monthly event cost is \$50 per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Contact Leilehua Golf Course at 655-4653 to register.

Registration will also be held on the day of the event, unless the event is already sold out. Upcoming scramble dates are April 1, May 6, June 3 at Leilehua Golf Course, 199 Leilehua Road, Wahiawa.

Paint 'n Sip — Anyone can be an artist, so create your own masterpiece while enjoying signature drinks and food from 7-9 p.m., March 25. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies are provided.

To sign up, visit the SB Arts & Crafts or Tropics Recreation Center. Cost is \$25 per person. The Tropics is located at Foote Avenue, Bldg. 589, SB. Call 655-5698.

#### 2 / Saturday

**Book Spine Poetry Contest** — Celebrate National Poetry Month by stacking book, CD, DVD, or audiobook spines to create a poem. The poem should have a minimum of three titles and a maximum of eight. Poems must be submitted between April 1 to April 30 in photographic form on Instagram,

#AHLPoetryKids2016 (for grades 1-

#AHLPoetryTeens2016 (grades 7-12),

#AHLPoetryAdults2016 (age 18+). Contest winners will be determined by the number of "likes" received. Visit SB Sgt. Yano Library at 1565 Kolekole Avenue, Bldg. 560; call 808-655-8002.

AMR Parents' Night Out — Available, 6-11 p.m., at AMR CDC Bldg. 1783 and AMR SAC Bldg. 1782. Reservation will be accepted on a first-come, first-served basis at the Parent Central Services Office at AMR. Call 883-5393.

#### 3 / Sunday

Pottery, Quilting and Sewing – Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and

Community Calendar

Send announcements

a week prior to publication to

community@hawaiiarmyweekly.com.

**Today** 

Honolulu First Friday — Come

Friday of every month. Stop by unique

galleries, boutiques, cafes and restau-

rants that feature exciting art exhibits

Home and Better Living Show

Blaisdell Exhibition Hall hosts this

three-day weekend event beginning

today; featuring home renovations,

home additions and remodeling. Visit

lawn and garden exhibitions and

PacificExpos.com or call 732-6037.

to see the main events between

5 and 9 p.m., and stay for the

late night party at some of

the trendiest, most popular

spots in Honolulu every first

and free entertainment. Visit

www.firstfridayhawaii.com.



Photo by Maj. John Grauer, Plans and Operation Chaplain, USAG-HI

HONOLULU — The tradition of the Easter Morning Sunrise Service as a celebratory event continued Sunday with two military led Sunrise Services that took place on Oahu including the event, Sunday, on Joint Base Pearl Harbor-Hickam on the USS Missouri Battleship Memorial at 6:30 a.m.

Army Chaplains from USAG-Hawaii and Chaplains from the Air Force participated in the Sunrise Service. Earlier that day Army Chaplains on Schofield Barracks conducted a service with participation from the 25th ID band and Main Post Chapel Band. More than 1,100 service members and their families attended the two Easter events.

Hawaii Nouveau will be served at FS Hale Ikena. Groups and large parties are welcome. Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call

Advance 8 Ball Pool Tournament — Join us at SB Tropics Every Sunday in April at noon as Tropics hosts a tournament for ages 18 and older. Fee is \$10 and winners will receive AAFES gift cards.

Call 655-5698.

#### 4 / Monday

**Dollar Mondays at Schofield Bowl** — Come bowl every Monday from 5-10 p.m. for dollar specials on games and shoes. Cost is \$1 per person, per game and \$1 shoe rental per person.

Don't forget to stop by the Na Koa Snack Bar for your choice of a hot dog and a small drink or nachos and a small drink for \$2.50; offer good until April 30. SB Bowl at Bldg. 557, Burr St. Call 655-0573.

**Play Mornings at HMR Chapel** - Meet other moms and dads, share information and parenting tips and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. To register, call 655-4227.

Mongolian BBQ — Join SB Kolekole Bar & Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and 5698. have it grilled your way at only 65cents per ounce. Call 655-0660.

### 5 / Tuesday

**PT in the Park** — Come out and

enjoy various PT stations with your child, 6:30-8 a.m., at the SB School Age Center Soccer Field. Show off your skills in lily pad hops, hurdles, box jumps, parachute runs and balance beams, 6:30 a.m.- 8 a.m., SB School Age Center Soccer Field. Call, 655-6465.

#### 6 / Wednesday

Spring Career Fair — SB Soldier for Life Program in partnership with Army Community Service is hosting a Spring Career Fair, 10 a.m.-2 p.m. at the Nehelani. There will be over 80 local and national companies across multiple industries with resume workshops geared towards the federal hiring process and interview skills. Visit himwr.com or call 808-655-1028.

Month of the Military Child — All children of the military are welcome to Sgt. Yano Library's Makerspace on Wednesday, April 6 from 2-3 p.m. Bring in your own 3-inch picture or drawing and turn it into a button. We'll have supplies available for you to make your own special piece of

No reservations required; call 655-8002.

#### 7 / Thursday

Open Texas Hold'em Poker — Every Thursday in April at 6:30 p.m. visit SB Tropics for open seating Texas Hold'em poker. \$10 service fee per person to play. Win AAFES gift cards. Sign in begins at 5:30 p.m. This facility titlements, how to decipher Army is for patrons 18 and over, Call 655-

### 8 / Friday

Paint & Sip — Get ready to be inspired to create your own masterpiece while enjoying Tropics signature drinks and food, beginning at 7 p.m. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies provided.

To sign up, visit Tropics Recreation Center. Arrive at 6:30 p.m. to allow for set-up and snack or beverage purchases; \$25 per person for painting and supplies and \$37 per person for a Paint & Sip package that includes a choice of beverage and a cheese and fruit platter. Call 655-5698.

#### 9 / Saturday

Intro to Surf — Join Outdoor Recreation on the south shores of Oahu at White Plains Beach, a great beginner location for all ages. Sign up at SB ODR no later than noon the day before the program, 435 Ulrich Way, Bldg. 2110. \$59 per person. Call 655-

#### 11 / Monday

Million Dollar Soldier Refresher Training — This SB ACS workshop focuses on basic financial skills to help develop self-reliance and personal responsibility, 8:30 -11:30 a.m. The goal is to encourage Soldiers and families members to understand their personal finances and learn tools to enable financial success. Located in Bldg. 2091, call 655-4227.

**Army Family Team Building** Level K (Military Knowledge) -Learn about military benefits and enacronvms, the Leave and Earnings Statement (LES), utilize community resources, improve financial readiness skills and understand the goal and the impact of the Army's mission on daily life. 9 a.m.- 2 p.m., SB Education Center Bldg 560. Call 655-4227.

The Next Cut," begins at 3 p.m., Sat-

Hickam Food Court. Call 422-4425.

urday, April 9. Tickets are available at

**Butterfly Garden Workshop** 

- Honolulu Board of Water Supply

instructs participants, 10:30 a.m.-

den, on how to identify and use

noon at the Halawa Xeriscape Gar-

drought tolerant plants to attract but-

terflies (and other beneficial insects)

and why these symbiotic relation-

ships help to create a beautiful and

sustainable landscape. Fee is \$5; ad-

vanced registration is required. Reg-

when all spaces are filled. Call 748-

istration closes at 2 p.m. on April 8, or

# worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

FD: Fort DeRussy Chapel HMR: Helemano Chapel Main Post Chapel, Schofield Barracks Aloha Jewish Chapel,

AMR: Aliamanu Chapel

Pearl Harbor Soldiers' Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

#### **Buddhist Services**

•First Sunday, 1 p.m. at FD •Fourth Sunday, 1 p.m. at MPC

•Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC, WAAF

Sunday services:

**Catholic Mass** 

- 8:30 a.m. at AMR

-10:30 a.m. at MPC Annex -11 a.m. at TAMC •Monday-Friday, 11:45 a.m. at

Soldiers' Chapel and 12 p.m., TAMC

#### **Gospel Worship** •Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study •Friday, 1 p.m. at MPC Annex •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at Wheeler Annex

**Protestant Worship** 

#### Sunday Services

-9 a.m. at MPC -9 a.m., at FD, TAMC chapel

-10 a.m. at HMR

-10:30 a.m. at AMR

-11:30 a.m. at WAAF (Spanish language)

-11 a.m. at SC  $\,$ 

(Contemporary) Liturgical (Lutheran/

Anglican) •Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Schofield Barracks'

Sgt. Smith Theater

remains closed for Directorate of **Public Works** maintenance work.

A reopening date for movie viewing

has not been finalized.

Call Schofield Exchange at 237-4502/4572.

5320 or email work shops@hbws.org to register. 13 / Wednesday

**Book of Morman Musi-**

cal — The national tour winner of nine Tony Awards including best musical, will play a strictly limited 3week engagement from through May 1, 2016 at the Blaisdell Concert Hall in Honolulu. Single ticket prices start at \$37 (service fees may apply). Call 593-9468.

## 2 / Saturday

Kolekole — The walking-hiking trail is closed this weekend due to live fire exercises.

Family Fishing — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.- 2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear, fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow - first come, first served. There is a twenty minute hike to the fishing area. For reservations call 233-7323.

Neil Sedaka — Legendary oldies songwriter/singer performs with special guest Evonne Elliman, 8 p.m., at the Blaisdell Concert Hall. Call the Blaisdell Concert Office ticket line at 768-5252.

#### 5 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

Gold Star Spouses — The Survivor Outreach Services Center will host Gold Star Spouses Day from 5:30-8 pm., April 5, for Gold Star Spouses. The dinner ceremony will be held at the SOS Center. Call 655-8432.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

#### 9 / Saturday

Hickam Memorial Theater — Doors will open at 2 p.m., and a free advanced screening of "Barbershop:

> SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center

USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

#### Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Pro-FMWR: Family and Morale, Welfare and

ASYMCA: Armed Services YMCA

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

USAG-HI: U.S. Army Garrison-Hawaii

# Saturday Earth Month clean-up opportunities set



Photo by Marybeth Racette, U.S. Army Reserve-Theater Support Group & 9th Mission Support Command

Civilian volunteers from the TSG's Environmental Section of the Directorate of Installation Management and several 9th Mission Support Command volunteers participate for the 7th consecutive year in the City and County Stormwater Branches' 2014 Pearl City "Mauka to Makai" Bike Path

## Press Release

HONOLULU — The Department of Facility Maintenance (DFM) Storm Water Quality Branch, as part of its Earth Month activities, will be conducting community clean-ups throughout the month of April.

This coming Saturday, clean-ups will be held at the Pearl Harbor Bike Path, at President William McKinley High School and

The annual Pearl Harbor Bike Path cleanup is scheduled for Saturday, at 7:30 a.m. Volunteers will meet at the Neal S.

The Ala Moana Lions Club is organizing the McKinley Adopt-A-Block clean-up, scheduled to start at 8:30 a.m. Please call 839-2861 for more information.

The Manoa Adopt-A-Stream cleanup

will be held at 10 a.m. and is being coordinated by Malama Manoa. Please call 988-

5069 for more information. All volunteers must be 12 years of age and older and will need to sign a release form to participate in the cleanups. Participants should anticipate getting dirty. Wear covered shoes, use sun protectioN and

bring water to drink. The DFM partners with businesses, schools, government, and military organizations on service projects. These events offer community service and learning opportunities for residents, fostering awareness of non-point source pollution and water quality issues, and creating partnerships between residents and government.

For more information, please visit www.cleanwaterhonolulu.com or call 768-



## New Freedom Smoking Quitline can help kick nasty habit

TRICARE News Release

Have you tried everything to quit smoking? TRICARE beneficiaries now have a new resource to help them called The Freedom Smoking Quitline. If qualified, participants will have a two and a half times better chance at quitting smoking.

The Freedom Smoking Quitline is a National Institutes of Health-funded research study, co-sponsored by the 59th Medical Wing and University of Tennessee Health Science Center.

The study is enrolling TRICARE beneficiaries that are motivated to quit smoking. If qualified, participants will receive four proactive, telephone-based smoking cessation counseling sessions along with eight weeks of free nicotine replacement therapy (NRT) sent directly to their homes.

After three months, participants will receive a follow-up call to ensure they are still smoke free. However, if they experienced a



relapse and started up again, participants are offered a second chance to try again.

Retired Air Force Col. Dr. Gerald Wayne Talcott, is a co-investigator for The Freedom Quitline. He served as an Air Force psychologist for 28 years and has 30 years of experience in tobacco cessation treatment.

Dr. Talcott states that relapses for people trying to quit smoking are all too common, and that's why participants are offered a second chance with The Freedom Quitline.

Further, when participants enroll in this study, they are not only receiving a premium smoking cessation program at no cost, but they are also helping researchers gather critical data to improve these programs for our military community.

"Quitting smoking is one of the hardest things that anyone ever tries to do in their lifetime and studies show that it might be even more difficult for our military community," said Talcott.

He also emphasized that what makes The Freedom Quitline more effective than most alternatives, is that the counselors have not only extensive training in smoking cessation, but 90 percent are military veterans themselves.

Results from an Air Force study evaluating a smoking quitline conducted by the University of Tennessee Health Science Center showed participants were two and a half times more likely to quit compared to those who called a standard quitline.

#### **TAMC Tobacco Cessation**

The Tobacco Cessation Program provides outpatient treatment in a group therapy setting with the aid of medications. The program utilizes transdermal (nicotine patches) and oral (bupropion HCI), medications in conjunction with behavioral treatment component. The program offers classes weekly on Tuesday's, Wednesday's, and Thursday's for one hour.

Talk to your Primary Care Manager and ask them to place a consult to the Tobacco Cessation Clinic or you can self-referral by making a phone call to the Department of Psychology at 433-1498.

#### **Cessation Support**

It's easy to find out if you qualify. Call 1-844-I-AM-FREE (1-844-426-3733) or go online to learn more at www.free domquitline.org.

## The 'ayes' of March allows our election year voices to be heard

This presidential campaign season has been like no other. The battle between the unusual mix of controversial establishment, infamous outsider and political fringe candidates has been downright epic. Personal attacks are the new norm, launched daily against candidates and even their spouses.

The constant stream of contentious debates. social media brawls, nasty attack ads and shrieking rallies has garnered endless media coverage. Each candidate has staunch supporters who are not only indifferent to their candidate's obvious faults - outrageous views, potentially criminal acts, and scandalous statements - they spin them as virtues, proclaiming, At least her crimes have already been made public," and "His statements disparaging women show that he is honest."

With all this fodder, it's no wonder that a mockery has been made of it all. "Seinfeld" creator Larry David has revived his entertainment career doing an uncanny imitation of socialist Democrat Bernie Sanders. Establishment Republican Ted Cruz can't seem to shake his hilarious comparison to Sesame Street's "The Count." Rush Limbaugh has dubbed Democratic front-runner Hillary Clinton "Screech" and quipped she has "the voice that reminds you of your two ex-wives." And the Republican front-runner supplies the "Trump joke du jour" every day since he entered the race last June.

It would all be a laugh riot, if the situation weren't so serious.

Our next commander in chief will be faced with a multitude of complex domestic and international issues, not the least of which is the continuing threat of terrorism. Everyone

knows about the recent attacks in Paris, San



Bernardino, Calif., and Brussels; But did you know that hundreds of other innocent victims were killed in lesser-known terrorist attacks in Turkey, Nigeria, Mali, Tunis, Indonesia, Burkina Faso, Somalia and the Ivory Coast during the same time period?

And in case you hadn't heard, there is a gaping hole in our U.S. Supreme Court since Justice Antonin Scalia passed away. With the Senate refusing to hold hearings on Obama's replacement nominee, the next president could very well influence the laws of this country for

a generation to come. This is why I was so shocked to find out that some fellow military voters are considering not voting at all, or casting their vote for another party in protest. "Why would you do that?" I asked one friend with genuine surprise.

"Why not?" he quipped, disgusted with the political campaign circus.

This election cycle is so extreme, Bernie Sanders devotees are vowing to vote for Trump if Hillary is the nominee. Cruz supporters are promising to vote for Hillary if Trump is the nominee. Trump voters will allegedly riot if anyone else wins. And there is talk of lastminute third-party candidates, brokered conventions and prophesies that we are on the brink of a political revolution.

But despite the mayhem, voting is a serious right that should be especially important to military members who are required to follow

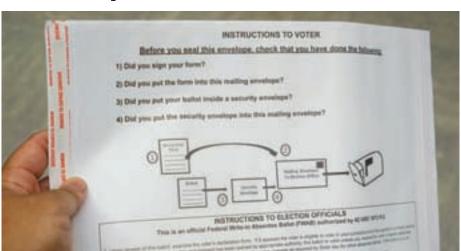


Photo by Christine Cabalo, Oahu Publications

Voters who fill out absentee ballots must follow all of the instructions listed in the form. A diagram at the back sheet recaps all the steps needed to complete the process.

the orders of their commander in chief. However, military voter participation rates are appallingly low. According to The Council of State Governments Data Center website, there were 221,925,820 eligible stateside voters in the 2012 election, 58.7 percent of whom voted successfully. But of the 4,737,600 eligible registered U.S. military and overseas voters in that election, only 12.7 percent actually returned

Voting in the military can be more difficult, especially for the roughly two-thirds who must use absentee ballots because they are not stationed in their home of record. But thanks to The MOVE Act of 2009 (Military and Overseas Voter Empowerment Act) and helpful websites such as www.overseasvotefoundation.org, www.usvotefoundation.org, and

www.fvap.gov, it is easier to register to vote, request absentee ballots, and return ballots than

it used to be. Active duty military and their spouses can get absentee ballots quickly by going to the Military Voter Protection Project website (www.mvpproject.org) and clicking "Request Your Absentee Ballot." There, you will complete a Federal Post Card Application that will enable you to register and request a ballot at

the same time. The chaos of this election cycle is not an excuse - it's exactly why military service members and their spouses should take part in selecting the next commander in chief. Our military members fight silently for our right to vote, and now it's time for their voices to be heard.

www.themeatandpotatoesoflife.com

### **POSTER CONTEST**





Artwork submitted by Christian Turner, 3rd Grade.

**B-4** | APRIL 1, 2016 HAWAII ARMY WEEKLY

## April 4-10 celebrates health awareness, significance

CAPT. MYRA WHITE Public Health Nursing Tripler Army Medical Center

TRIPLER ARMY MEDICAL CENTER — As an Army Public Health Nurse (APHN) and leader, it's my duty to share National Public Health Week and its significance with you.

Daily, APHNs are on the forefront of disease prevention in Army healthcare, planning, coordination and mitigation of disaster response, policy development, process improvement and communicable disease outbreak and contact investigation. APHNs lead many different initiatives and policies, to include Tobacco Free Living and the Army Wellness Center, and regularly educating the community on the Performance Triad, a healthy living initiative under the System for Health umbrella. They use this initiative to encourage a culture change within our community, helping individuals to begin taking charge of their own health by educating them on how to make good nutrition choices, inHealthiest Nation 2030 April 4 - 10, 2016



corporating adequate amounts of physical activity into their daily lifestyles and purposely getting sufficient amounts of sleep each night.

"APHNs are significant leaders in health protection and improvement throughout the Army and are highly regarded for their public health competencies," said Lt. Col. Johnny King III, director, Human Health Services, Public Health Command-Pacific (Provisional) and Pacific Region Army Public Health Nursing Consultant, Camp Zama, Japan. "You can find APHNs engaged in Army Medicine's transformation to a system for health, establishing tobacco-free medical campuses, informing changes in Army health policies and processes, leading inter-organizational community health promotion efforts, and protecting the health of Soldiers in

field and deployed environments."

As described, this is exactly what APHNs, here and Schofield Barracks, are doing. We stood up the Schofield Barracks Army Wellness Center and we're now partnered with them to offer community support with tobacco cessation classes available to all active

duty service members and beneficiaries who are serious about their desire to quit tobacco.

We bridge gaps within our community by creating partnerships and identifying the community needs. Based off of needs that are identified, we create activities to educate and engage the community.

During National Public Health Week, TAMC APHNs have collaborated with other disciplines such as, Nutrition Care Division, Pulmonary, Pediatrics and Behavioral Health, to address top medical concerns identified within our community. During the week, we will hold multiple health promotion activities, 9 a.m.-1 p.m., at the TAMC Oceanside entrance. APHNs will also be educating individuals on behavioral health, healthy lifestyles, tobacco cessation, women's cancers and respiratory issues.

With continued partnerships and education, we have strong confidence that this culture change will gradually take place and we will all be living the System for Health.

## **Detect and prevent colon cancer**

CAPT, ERA-PAULINE COLON 1984th U.S. Army Hospital Detachment U.S. Army Reserve

TRIPLER ARMY MEDICAL CENTER — Did you know that your colon plays a very important part in your digestive system? It's the first passageway of waste material out of your body.

Colon cancer is a preventable and curable disease that develops from the tissues of the colon. Although preventable and curable, it is the third most commonly diagnosed cancer and the second leading cause of cancer deaths.

Colon cancer does not discriminate and military personnel are not exempt from this disease. Beliefs or myths about the disease, screening, treatment, and reducing risk, prevent its early diagnosis in patients.

"We wanted to set up the giant, inflatable colon to inform the community on what colon cancer is, what screen entails and possibly even make appointments," said Maj. Mazer Ally, gastroenterologist, Tripler Army Medical Center. "There is a stigma that goes with colon cancer and the screening process, and we want to inform our patients so we can raise awareness."

The average lifetime risk of developing cancer is 5 percent, varying on individual risk factors - other risk factors include, but aren't limited to, a family history of cancer of the colon or rectum; a personal history of cancer of the colon, rectum, ovary, endometrium or breast; and a history of polyps in the colon. If you have one of the risks mentioned, recognizing symptoms is the first step to prevention.

Symptoms commonly associated with colorectal cancer are changes in the frequency or consistency of your bowel movements, narrow stools, rectal bleeding or blood in your stool, abdominal pain or discomfort, unexplained fatigue or weight loss, and anemia. If you find yourself with these symptoms, you should subject yourself to early screening.

According to statistics, men and women aged 50 years and older are more susceptible to developing cancer. A total of 72.9 percent of colon cancer cases are diagnosed when they are 50 years old and older and percent result to death. Colon cancer is curable if diagnosed on its early stages.

According to the American Cancer Society, cancer deaths may be related to lifestyle that includes poor eating habits, inactivity and obesity. Hence, changing this lifestyle would prevent the development of colon cancer.

The Gastroenterology Department at TAMC encourages you to practice healthy eating habits, like eating more fruits and vegetables, limiting fast foods, using meat substitutes, limiting alcohol, getting exercise and watching your weight.





## **Performance Triad and** Sleep Awareness

All components - sleep, activity and nutrition - of the Performance Triad are important to building resilience, improving readiness and enhancing the health of a Soldier or member of the Army Family.

Individual sleep requirements vary; most adults need seven to eight hours of sleep daily, children and adolescents even more. Not getting enough sleep may increase your risk for stroke, obesity, cardiovascular disease, diabetes and other health

Here are some tips on the best sleep habits for adults:

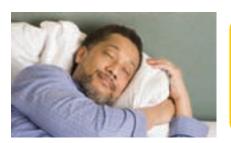
Don't go to bed hungry

• Don't drink alcohol before bed

• Use the bedroom only for sleep and sex • Get 7-8 hours of sleep every 24 hours

• No caffeine within six hours of bedtime

• Finish exercising three hours before lights out



#### More Online

Be healthy! To learn more about sleep, or any of the other components of the Army's Performance Triad, visit http://armymedicine.mil/Pages/ performance-triad.aspx.